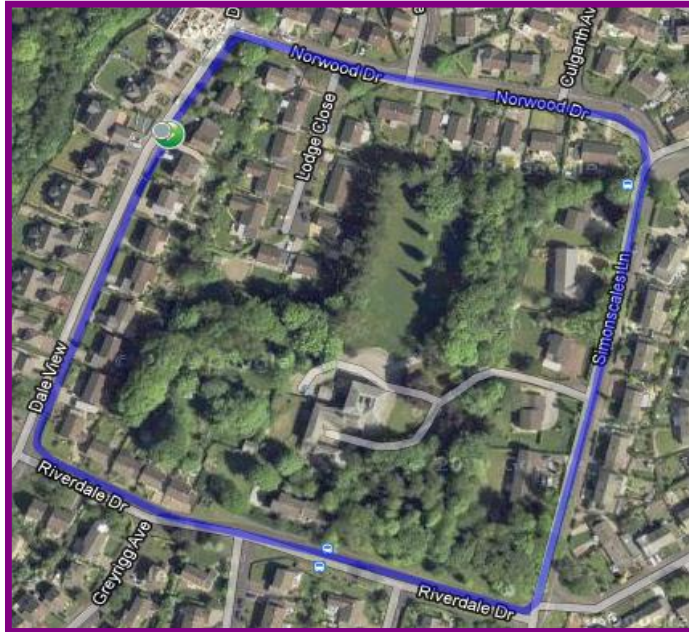


Tuesday 18th October 2011 - Dale View, Simonscales Loops



5 loops starting aton Dale View along to Riverdale drive, down Simonscales Lane, down Norwood drive and back alongDale View to the Start. About 0.53 miles a loop.

The aim: to keep a constant pace for the first four loops then use last one at the same pace, push all out or take it easy depending on runner.

Consistency score used to compare loops using the average/(max-min time) with a high score being better. At least three loops necessary to calculate consistency.

ELEVATION (feet)



| Athletes | | Loop1 | | | Rest | Loop2 | | | Rest | Loop3 | | | Rest | Loop4 | | | Rest | Loop5 | | | Average | Variance | Consistency Score |
|----------|-----------|-------|--------|------|------|-------|--------|------|--|-------|--------|------|------|-----------------|--------|------|-------|-------|--------|------|---------|----------|-------------------|
| Forename | Surname | Start | Finish | Time | | Start | Finish | Time | | Start | Finish | Time | | Start | Finish | Time | | Start | Finish | Time | | | |
| Anna | Blackburn | 0:00 | 4:17 | 4:17 | 2:03 | 6:20 | 10:35 | 4:15 | 2:00 | 12:35 | 16:50 | 4:15 | 2:00 | 18:50 | 22:53 | 4:03 | 2:00 | 24:53 | 28:52 | 3:59 | 4:13 | 0:14 | 18.04 |
| Joseph | Ritson | 0:00 | 3:46 | 3:46 | 2:00 | 5:46 | 9:31 | 3:45 | 2:00 | 11:31 | 15:20 | 3:49 | 2:00 | 17:20 | 21:11 | 3:51 | 2:00 | 23:11 | 27:01 | 3:50 | 3:48 | 0:06 | 37.96 |
| Philip | Cueto | 0:00 | 3:35 | 3:35 | 2:11 | 5:46 | 9:12 | 3:26 | Sensibly only doing two as coming back from injury - well done | | | | | | | | | | | 0:09 | N/A | | |
| Kirsty | Hitchin | 0:30 | 4:15 | 3:45 | 2:35 | 6:20 | 10:10 | 3:50 | 2:00 | 12:10 | 16:05 | 3:55 | 2:00 | Missed this one | | | 21:46 | 25:51 | 4:05 | 3:50 | 0:10 | 23.00 | |
| Tony | Davis | 0:30 | 4:01 | 3:31 | 2:04 | 6:05 | 10:00 | 3:55 | 2:00 | 12:00 | 15:43 | 3:43 | 2:00 | 17:43 | 21:04 | 3:21 | 2:00 | 23:04 | 26:38 | 3:34 | 3:38 | 0:34 | 6.40 |
| Stephen | Hackley | 0:30 | 3:52 | 3:22 | 2:13 | 6:05 | 9:18 | 3:13 | 2:00 | 11:18 | 14:30 | 3:12 | 2:00 | 16:30 | 19:46 | 3:16 | 2:00 | 21:46 | 25:41 | 3:55 | 3:16 | 0:10 | 19.58 |
| Ellie | Ulyalt | 0:30 | 4:13 | 3:43 | 2:07 | 6:20 | 10:05 | 3:45 | 2:00 | 12:05 | 15:45 | 3:40 | 2:00 | 17:45 | 21:20 | 3:35 | 2:00 | 23:20 | 26:41 | 3:21 | 3:41 | 0:10 | 22.07 |
| Howard | Seal | 10:00 | 13:10 | 3:10 | 2:00 | 15:10 | 18:18 | 3:08 | 2:00 | 20:18 | 23:29 | 3:11 | 2:00 | 25:29 | 28:38 | 3:09 | 1:22 | 30:00 | 33:05 | 3:05 | 3:10 | 0:03 | 63.17 |